- Oranges / Depression



AN ORANGE A DAY MAY HELP KEEP DEPRESSION AWAY

Depression affects more than 280 million people worldwide. Mediterranean-style diets are associated with a nearly 35% reduced risk of depression. Now a study published in the journal *BMC Microbiome* has also found a link between eating citrus and depression risk, suggesting that you may be able to lower your risk of developing depression by doing something as simple as adding oranges to your daily diet. The researchers analysed the interplay between citrus consumption, the gut microbiome, and risk of depression in over 32,427 middle-aged women and found that a higher consumption of citrus fruit could reduce depression risk by 22%. The flavonoids in the fruit are thought to promote certain good gut bacteria, thereby increasing the availability of substances like serotonin and dopamine.